

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

Website:

[www.waukeshacounty.gov/
adrc](http://www.waukeshacounty.gov/adrc)

After hours call

IMPACT 2-1-1

**211, (414) 455-1736,
or toll free 1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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A Letter From Our Coordinator

As your new ADRC Coordinator, I am very enthusiastic about this new position. My years as the Nutrition and Aging Services supervisor have provided me with valuable experience in the Older Americans Act programs and funding and I am excited to be in the new role as coordination of overall ADRC operations. I am anxious to expand my knowledge and experience in the long term care and publicly funded benefit arena.

One of my first tasks was to hire a replacement for the Nutrition and Transportation Supervisor position. I am happy to announce that Michael Glasgow has been hired in this position and began his position with the ADRC of Waukesha County on May 27, 2014. Mike comes to Waukesha County from the Greater Wisconsin Agency on Aging Resources (GWAAR) where he was the Older Americans Act Consultant/Nutrition Specialist. In this role, Mike oversaw the elderly nutrition program for 70 counties and 11 tribes in the state of Wisconsin. He also has been involved in the transportation program on a state wide level, as well as very active in advocacy and policy development on a national level. Previous to this Mike has been Food Service Director at a number of Nursing Homes and senior facilities. Mike received his Bachelor's Degree in Dietetics from Michigan State University and is a Registered Dietitian. I am confident in "handing over" the nutrition and transportation programs to Mike and look forward to the next chapter for the senior dining program in Waukesha County.

Over the next months, the ADRC will continue to work on process improvements, enhance our marketing and outreach to communities, enhanced programs, and provide quality service to our consumers. We have a dedicated and knowledgeable staff and I am so proud of all them and all that we do for seniors and adults with disabilities and their families in Waukesha County. If you have any suggestions for our agency, please don't hesitate to contact me.

Mary Check Smith



Ask Ina



How can I get meals delivered to my home? I was just released from the hospital and a Social Worker suggested I contact you. I live alone, have no family around and can not drive at this time. I am on a fixed income and can not afford to spend a lot of money on food. Can you tell me more about them?

Signed, Interested Woman

Dear Interested Woman,

The first step to apply for home delivered meals is calling the ADRC. The ADRC specialist will take some information from you to determine if you might qualify for the home delivered meals. A staff member will schedule a home visit and at this time an assessment will be completed to determine if you meet the eligibility requirements set by the federal Older Americans Act and state policy. This includes being 60 years of age or above, homebound, not driving, not able to leave your home by yourself, not able to attend a senior dining center and unable to obtain food and prepare adequate meals. Once the home visit and assessment are complete, the information will be reviewed by the Nutrition Supervisor and a determination will be made as to eligibility for meals. If you are in need of meals for a short term basis, you may be eligible for meals on a temporary basis, or if it is an ongoing need, then your meals will be approved long term. The state policy requires that consumers receiving the meals be reassessed each year, you will receive a call from a staff member or volunteer to complete the annual reassessment.

Once the meals are approved, they will be delivered as scheduled based on your location in Waukesha County. Meals are delivered by volunteer drivers between 11:00 AM and 1:00 PM. The meals are served on a donation basis. The current suggested donation is \$5.25. You will receive a statement at the end of the month and can contribute what you are able. No eligible person will be denied a meal based on inability to pay. The home delivered meal program is funded by the federal Older Americans Act, state and county dollars as well as client donations.

If you are in need of meals, please contact the ADRC at 262-548-7848 to talk with a staff person.



Volunteers are Essential to ADRC Programs

Home Delivered Meal Program- Last year, over 400 volunteers delivered 116, 000 meals to seniors who qualified for this program. The home delivered meal program not only offers seniors a hot, nutritious meal, it helps the individuals remain independent in their own home. This program would not be possible without the help of volunteer drivers. Home delivered meal drivers are reimbursed for their mileage and work under the direction of a Senior Dining Site Manager.

Senior Dining Center Program- There are 10 senior dining centers located throughout Waukesha County. These centers offer well balanced, hot, nutritious meals at a low cost. It is also an excellent venue for seniors to socialize with others. Volunteers, known as Senior Dining Assistants, are vital to this program as they help to set up and serve the meal, as well clean up afterward. Many dining assistants also help pack meals for home delivery. Last year Waukesha County Senior Dining Centers served over 45,000 meals with the help of over 286 volunteers.

Friendly Visitor Program-The friendly visitor program was designed to help older adults connect with a new friend that will visit them on a regular basis. Many of these seniors have out-lived lifelong friends and long for companionship. Friendly visitors offer support to many seniors who feel isolated or cut off from their community. Friendly visitor volunteers are matched according to similar interests and proximity to their home.

We rely on volunteers to provide the services needed to keep these programs going. If you are interested in learning more about our programs or in becoming an ADRC volunteer, please call 262-548-7848 or visit our website www.waukeshacounty.gov/adrc



Powerful Tools for Caregivers

While care giving for a loved one can be tremendously rewarding, it is also stressful and physically, emotionally and financially exhausting. Care giving for others takes many forms and often people who are providing assistance don't even realize that they are a Caregiver. If others rely on you for help such as completing personal cares (dressing or bathing for example), grocery shopping or meal preparation, transportation or even bringing in the mail, you are a Caregiver.

Research studies find high rates of depression and anxiety along with an increased vulnerability to health problems among caregivers. Caregivers frequently feel that personal activities and social life are restricted. They often feel they have no control over events, and many feel a sense of powerlessness. These, all too often, all too real feelings, have a significant negative impact on caregivers' physical and emotional health.

Powerful Tools for Caregivers focuses on the needs of the family Caregiver. This workshop helps them get support and find resources to better cope with the challenges of care giving. During the six weekly classes, Caregivers learn self help tools such as: how to reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare providers; manage their emotions, deal with difficult feelings and difficult situations; set action plans, and how to make tough decisions. The Powerful Tools for Caregivers program is an evidence-based, scripted curriculum with detailed training materials, which guarantees consistency and quality.

Some past participants have this to say about the program:

- ◇ "I cannot recommend highly enough the 'Powerful Tools for Caregivers' training program."
- ◇ "There was a common bond. We were all dealing with some of the same issues. We shared our stories and learned ways to cope. I learned that it was important to take care of me."
- ◇ "This class covered so many subjects that I find useful now and I have an important reference material I can depend on."

Waukesha County recently added 7 new Powerful Tools for Caregivers leaders and they are all eager to spread this information throughout the county. There are three upcoming workshops:

Oak Hill Terrace (Waukesha) June 18th – July 23rd.

Life Enrichment Center (Oconomowoc) July 9th – August 6th.

ADRC of Waukesha County (Waukesha) October 1st – November 5th.

To register please call the Health Education Coordinator at (262) 548 – 7827 for details.

Spotlight on New Berlin Senior Dining Center

We would like to raise awareness about the New Berlin Senior Dining Center. The dining center is located on the lower level of the National Regency apartment building at 13750 W. National Ave. It has a very friendly atmosphere and is waiting to welcome some new faces. Many of the people visiting for lunch have been attending regularly for many years. There are very dedicated volunteers, some that have been helping for over 15 years! The volunteers and guests will greet you with a smile. The guests and volunteers enjoy their time together during the dining program. Please come enjoy a meal and join in a friendly conversation.



This dining center is open 5 days a week, Monday through Friday. Lunch is served at Noon. We are here to help those 60 and over have a nutritious meal and socialize with other people. When there are special menus, we like to decorate for the occasion. We celebrate many holidays and events throughout the year. Betty is the manager of this dining center. She likes to celebrate your birthday when you dine at the center on that special day.

On June 25 we have a special party. It is a cookout which will be held in the courtyard of the National Regency. As a reminder you need to make a reservation by 12:30 one business day in advance. This is required for the special lunch and everyday in which you would like to attend for lunch.

Please call Betty at 262-784-7877 to make your reservation.

Easy Bacon & Cheese Quiche

1- 3 ounce pkg. of bacon bits
½ cup chopped onion
5 ounces of shredded Swiss cheese
3 ounces grated Parmesan cheese
1- 9" deep dish frozen pie crust
4 eggs, lightly beaten
1 cup half & half cream

- 1.) Preheat oven to 400 degrees
- 2.) In a medium bowl, mix bacon, onions, and both cheeses.
- 3.) Add lightly beaten eggs and half & half cream and mix well.
- 4.) Pour into the 9" deep dish frozen pie crust.
- 5.) Bake in preheated oven for 15 minutes. Reduce heat to 350 degrees and bake for an additional 35 min until top turns brown.

Farmer's Market Vouchers for Waukesha County

Seniors Available Starting June 1st



The Aging and Disability Resource Center of Waukesha County is administering the Senior Farmer's Market Voucher Nutrition Program for Waukesha County. Seniors must be 60 years of age or older (Native Americans 55 years of age or older) and will need to verify that their monthly income is at or below 185% of the federal poverty guideline.



SFMNP INCOME ELIGIBILITY GUIDELINES

Household Size	Monthly Income	Annual Income
1	\$1,800	\$21,590
2	2,426	29,101
3	3,051	36,612
4	3,677	44,123

For each additional household member,
add **\$626** monthly, **\$7,511** annually.

This program will provide seniors with \$25.00 worth of fresh fruits, vegetables and herbs. Vouchers are distributed on a first-come / first-served basis and are limited to one pack of vouchers per household. Vouchers will not be mailed. The participant or authorized representative (proxy) must visit the distribution site in person to receive the checks. A proxy can represent up to four (4) individuals and must provide a signed statement from the eligible senior designating the individual as his/her authorized representative

The Aging & Disability Resource Center (ADRC) will be distributing the Farmer's Market Nutrition Program vouchers at various locations throughout the county. Please call the ADRC at (262)548-7848 for additional information on distribution dates, times and locations.

June 10, 2014 1:00 PM – 3:00 PM and June 18, 2014 1:00 PM to 3:00 PM

Waukesha Food Pantry, 1301 Sentry Drive, Waukesha 542-5300

June 11, 2014 12:00 Noon – 2:00 PM

Mukwonago Food Pantry Resource Center, 225 Eagle Lake Avenue, Mukwonago 363-3452

June 16, 2014 10:00 AM – 12:00 Noon

Oconomowoc Community Center, 220 West Wisconsin Avenue, Oconomowoc 567-5177

June 17, 2014 10:00AM – 12:00 Noon

Pewaukee Village Hall Board Room; 235 Hickory Street, Pewaukee 691-5660

June 23, 2014 10:00AM – 12:00 Noon

Menomonee Falls Community Center, W152 N8645 Margaret Road, Menomonee Falls 251-3406

June 25, 2014 12:00 Noon – 2:00 PM

New Berlin Food Pantry (Community Center) 14750 W. Cleveland Avenue, New Berlin 789-8040

Vouchers may also be obtained at the ADRC Office, Human Services Center, 514 Riverview Avenue, Waukesha WI

Monday-Friday 8:00 am – 4:30 pm beginning June 1st

For general information related to the vouchers, please contact the ADRC at 262-548-7848.

In accordance with Federal Law and Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Please visit our website (www.waukeshacounty.gov) for more details on the services we provide.

alzheimer's association®

The ABC's of Why People Call

800.272.3900

Q - quality of facilities, quality care
R - respite, repetitive questions, research,
S - support groups, safety, sexuality
T - traveling, toileting changes, training, treatment
U - urinary tract infection, understanding dementia
V - vacation, visiting
W- wandering, ways to spend time
X - x-treme emotional distress
Y - younger onset
Z - zero assistance

If you have questions or just need to talk

Please call our 24/7 Helpline at 800.272.3900

About Early-Stage Programs

If you or someone you know has been diagnosed with mild cognitive impairment (MCI) or early stage dementia or experiencing changes in memory, involvement in early-stage programs can be very helpful. Participating in a positive, supportive, and stimulating program may enhance personal well-being and may help individuals with these diagnoses to remain healthier longer.

Early Stage Programs offer:

- Education on dementia-related issues and concerns
- Personal support
- A welcoming environment to share with others who are experiencing similar issues
- Opportunities for cognitive enhancement and meaningful activity
- Inspiration to make the years ahead the best they can be

You are not alone. The Alzheimer's Association stands ready to help you and your family as a trusted resource for ongoing information and support.

For more information on early-stage programs

Please call our 24/7 Helpline 800.272.3900



CULTURAL PROGRAMMING
for PEOPLE WITH MEMORY LOSS

Each month, caregivers and loved ones with beginning to mid-stage Alzheimer's disease and other forms of dementia gather together for SPARK!, a combination of fellowship and cultural programming, at the Milwaukee Public Museum.

SPARK! is an interactive exhibit program that takes place in a pressure-free environment with the goal of building new experiences, like visiting a watering hole in Africa and feeling the fur of a kudu, in place of simply trying to recall memories. Specially trained Museum educators engage participants in lively discussions, object handling and other multi-sensory activities. SPARK! programs also include opportunities to work with artists and other groups throughout the Milwaukee community.

SPARK! programs are a safe and welcoming environment for participants and are equally beneficial for people with memory loss and their caregivers. The day begins in a private room where participants can make or renew connections before going into the exhibit for their program. Following the program, the group will go back to a private room for camaraderie and coffee.

Thanks to the generous support of the Greater Milwaukee Foundation, all SPARK! programs are free of charge. Street parking around the Museum is free on weekends.

For special SPARK! opportunities see **Family Social Events** on the next page of this newsletter. For regular schedule see www.mpm.edu or to learn more about SPARK!, please contact Dawn Kocejka at (414) 278-6943 or Kocejka@mpm.edu

Family Social Events

Social engagement programs are designed for persons with mild cognitive impairment, early-stage Alzheimer's disease and other related dementias and their care partners.



Memories in the Making® Please join us for a special Memories in the Making painting session. Participate in an opportunity to be creative through the art of painting in watercolor. No experience necessary!

Saturday, July 12—10:00 to 12:00 p.m.

Fee: \$5.00 per pair of attendees. Scholarships available.

Registration Required: Contact Judy Gunkel at jgunkel@alz.org or at 262.548.7224.

SPARK! A Helen Bader Foundation initiative, provides an opportunity for cultural programming for people with memory loss and their caregivers to enjoy art and artifacts in a comfortable setting, guided by trained docents. Join us for opportunities below or see www.mpm.edu for full schedule.

Tuesday, July 22—2:00 to 3:00 p.m.

Beyond the Veil: Learn about dress, identity and tradition through the eyes of Muslim and Arab women of Greater Milwaukee.

Tuesday, August 26—2:00 to 3:00 p.m.

Butterfly Garden Tour: See beautiful creatures who call the museum home.

Tuesday, September 23—2:00 to 3:00 p.m.

Visit the Streets of Old Milwaukee: See what life in Milwaukee was like in the 1920's.

Location: Milwaukee Public Museum, 800 W. Wells Street, Milwaukee

Registration is Required: Contact Judy Gunkel at 262.548.7224 or jgunkel@alz.org to RSVP.

Memory Café: Share your stories and socialize with others who have worries about their memory. Being active physically, socially and mentally is good for the brain!

Memory Café Schedule: Second Tuesday of the month from 3:00 to 4:30 p.m.

Location: Panera Bread - Ruby Isle Shopping Center, 2095 N. Calhoun Rd., Brookfield

RSVP: to Wendy Betley, Alzheimer's Association, at 414.479.8800

Please RSVP: To Wendy Betley at 414-479-8800

For more information on early-stage programs call our 24/7 Helpline 800.272.3900



Caregiver Corner

Each year the month of June is celebrated as National Safety Month, and National Dairy Month. The National Safety Council celebrates National Safety Month as a time to bring attention to key safety issues. Preventing injuries happens with making simple changes to your lifestyle - recognizing where most hazards are and how injuries can occur when participating in different activities. The National Dairy Council celebrates National Dairy Month as a great way to start the summer with nutrient-rich dairy foods. From calcium to potassium, protein to vitamin A dairy products like milk, cheese and yogurt may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers; it can help build and repair the muscle tissue of active bodies, and help maintain healthy skin.

Most serious falls happen as people begin to age. Taking steps to prevent and treat bone loss and falls is best when started in early adulthood. This includes maintaining strength and consuming a proper diet. It's never too late to start taking steps to increase health and safety.

Several factors can lead to a fall. Loss of footing or traction is a common cause of falls. Loss of footing occurs when the foot fails to make total contact with the ground. Loss of traction happens when the foot slips or slides on a surface as contact is made. It also results from tripping over uneven surfaces such as sidewalks, and uneven elevations caused from things like carpeting and throw rugs. Falls may occur because reflexes change and slow down as people age. Reaction times slow and make regaining balance more difficult with sudden movements or shifts in body weight

Changes in muscle mass and body fat play a role in falls. As people age they often become less active over time and lose muscle mass. This reduces strength and can make standing and walking more difficult. Loss of body fat causes bony areas around the hips to have less cushioning. Loss of cushioning also affects the soles of the feet and upsets a person's ability to balance. This happens as the foot's muscle tissue thins, blood circulation decreases, and nerves become less sensitive. Arches start to fall and the foot flattens and spreads as people age, too. Proper footwear combined with muscle-strengthening exercises can help people regain their balance, level of activity, and alertness in any age.

Improving Balance

- Do muscle strengthening exercises
- Obtain maximum vision correction
- Practice using bifocal or trifocal glasses
- Practice balance exercises daily

Individuals can protect bone health by following osteoporosis prevention and treatment strategies with a calcium-rich diet. Calcium can be obtained through a 3-A-Day diet- consume three servings of milk, cheese, or yogurt daily; and obtain a healthy intake of Vitamin D daily. Participate in weight-bearing and resistance-training exercises routinely, and talk with your doctor about having a bone mineral density (BMD) test. A BMD test can measure current bone density, diagnose osteoporosis, and determine fracture risk.

Injuries are a leading cause of disability for people of all ages. Among older adults, falls are the leading cause of injury deaths, and the most common cause of nonfatal injuries and hospital admissions for trauma. But many injuries can be prevented when people practice safe behaviors. We can all use the month of June to raise awareness to preventing slips, trips and falls, and treating and preventing bone loss early on.

For more information on safety at work and in-home visit the National Safety Council website at <http://www.nsc.org>.

For more information on dairy and proper dairy nutrition visit the National Dairy Council website at <http://www.nationaldairycouncil.org>.

June is National Safety Month

Injuries are a leading cause of disability for people of all ages – and they are the leading cause of death for Americans ages 1 to 44. June is National Safety Month. This June, we encourage you to learn more about important safety issues:

1. Prescription drug abuse: Prescription painkiller overdoses are a growing problem in the United States, especially among women. About 18 women die every day from a prescription painkiller overdose – more than 4 times as many as back in 1999. Prescription drug abuse can be unintentional, especially when you have prescriptions from multiple doctors that could interact with each other. When taken together, some drugs even decrease their effectiveness, which may result in increasing dosages to provide relief. This can also happen with over the counter vitamins, herbals and other supplements you may take. You need to make sure that your doctors and other healthcare providers are aware of all you are taking to best balance them with each other. Some medications and supplements create dependency or are addictive, so alternatives need to be explored. Understanding all your health issues and care alternatives is important. Also be very aware of your medications and dispose of them properly, as younger people often start prescription drug abuse by using medication in their own or a family member's home.

3. Awareness of surroundings: Besides being aware of your surroundings to prevent falls, it is also important for personal safety. Walk with your head up to see what is going on around you. Safeguard your purse, wallet, computer or cell phone to make them less accessible and less likely to be taken from you. Watch for vehicles in parking lots as well as on the road for your own safety. Being aware of what is happening around you can also improve connection to your community.

2. Slips, trips, and falls: One in three older adults fall each year. Many falls lead to broken bones and other health problems. For some older adults, their health and the medications they take can increase their risk of falling. Physical activity that builds strength of core muscles and flexibility often reduces fall risk. Slips, trips and falls can be the result of environmental risks. Throw rugs can lead to tripping when the edges get turned up or the rug slides. Steps or changes in surfaces can effect anyone with vision difficulty or mobility issues.

4. Distracted driving: Doing any task while driving, not just texting, increases your chance of an accident. Almost 1 in 5 crashes (18%) that injured someone, involved distracted driving. Some distractions are arguing with others in the car, trying to assist children, eating, talking on the phone, adjusting the radio or other controls in car. Anytime our attention isn't on the road we are at risk of losing control of the vehicle. Most cars weigh 3500 to 4000 pounds and are moving at 25 to 65 miles per hours. They take time to adjust or slowdown and in that short time, a child could run into the road, the car ahead could brake, road conditions could become slick from weather, you could come upon an accident stopped on the road, or miss a light change or stop sign.

National Safety Month is a perfect opportunity to become more attentive to what is happening around you. Be aware of health issues, medication interactions, your environment and how it impacts your risk of falling and eliminate distractions when driving. Focus on increasing your safety and reducing your own risk.

Solving Social Security



FATHERS, MEN'S HEALTH, AND SOCIAL SECURITY

By Karyl Richson, Social Security Public Affairs Specialist in Milwaukee, WI

This year, we observe National Men's Health Week from June 9 to 15. Each year we observe Men's Health Week the week prior to Father's Day, focusing on awareness, prevention, education and family.

And, June 8 is Best Friends Day, so if your dad happens to be your best friend too, all the more reason to celebrate.

Social Security encourages you to support fathers and friends everywhere in their efforts to stay healthy. The right balance of diet, exercise, regular visits to doctors and health care providers, and overall healthy living can go a long way to help everyone remain a part of your daily life for years to come.

Avoiding stress helps folks stay healthy. That's why we'd like to suggest that you advise the men in your life (and everyone for that matter) to avoid scams and phishers. Fathers and best friends may like to go fishing, but make sure they aren't the catch of the day when a criminal offers alluring bait.

For example, Social Security will *not* call or email you for your personal information such as your Social Security number or banking information. If someone claiming to be from Social Security contacts you and asks for this information, do not give out your personal information without calling us to verify the validity of the request. The caller may be an identity thief phishing for your personal information. Just call the local Social Security office or Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778).

If you receive a suspicious call, please report it to our Fraud Hotline. You also can report such calls online at <http://oig.ssa.gov/report> or by telephone at 1-800-269-0271 from 10:00 a.m. to 4:00 p.m. Eastern Standard Time. If possible, please include the following details:

The alleged suspect(s) and victim(s) names, addresses, phone numbers, dates of birth, and Social Security numbers, if known;

Description of the fraud and the location where the fraud took place

When and how the fraud was committed

Why the person committed the fraud (if known)

Who else has knowledge of the potential violation

Identity theft is one of the fastest-growing crimes in America. If you or anyone you know has been the victim of an identity thief, the place to contact is the Federal Trade Commission (FTC) at www.idtheft.gov. Or, call 1-877-IDTHEFT (1-877-438-4338); TTY 1-866-653-4261.

Whether you go fishing, play some ball, or take a hike, we encourage you to enjoy some healthy time with your father and with your best friend. But make sure no one falls victim to the wrong kind of phishing. Learn more by reading our publication, *Identity Theft And Your Social Security Number* available at www.socialsecurity.gov/pubs.

Benefit Specialist

Having Trouble Accessing Medical Assistance covered Dental Services? Call the Dental Ombudsperson!

Dental care is a covered service under Medical Assistance but many consumers struggle to find providers in their community. This can be particularly challenging in rural areas. However, there is a contact person who can help facilitate the process:

Antonia J. Boese
Dental Unit/Dental Ombudsman
WI Healthcare Account EDS-HP Enterprises
1-800-362-3002 (Member Services Hotline); Ext. #: 2030100
Antonia.Boese@wisconsin.gov

BadgerCare Plus (BC+) Standard Plan Beginning for Childless Adults on April 1

April 1, 2014 marked the start of new BC+ Standard Plan eligibility standards. Historically, most but not all BC+ members are enrolled into HMOs. All of the new Childless Adult enrollees will have a period of Fee-for-Service (FFS) BC+ before HMO enrollment. Childless adults who started their enrollment as of April 1, 2014 will remain in FFS until at least July, 2014. New enrollees will be sent an HMO enrollment packet later this summer. FFS BC+ has the same covered services as BC+ members in HMOs; however, there are some differences related to co-pays, provider networks, and where members can seek troubleshooting and assistance. FFS BC+ members can contact the Member Services Hotline for assistance:

ForwardHealth Member Services: 1-800-362-3002

For information on local MA providers, including primary care, specialist, vision, and dental.

If the member has tried multiple providers to no avail.

If the member needs clarifications on co-payments.

Questions about covered services.

To get a replacement ForwardHealth card.

Referrals to the dental ombudsperson (see update below).

Non-Emergency Medical Transport for BC+ Recipients

Non-Emergency Medical Transportation is a covered service under BadgerCare Plus. Non-Emergency Medical Transportation includes rides for covered, preventative and life sustaining medical appointments such as routine doctor visits. To use this benefit, BC+ members can contact the following:

Reservation Line: 1-866-907-1493

Where's My Ride Line: 1-866-907-1494

"We Care" Complaint Line: 1-866-436-0457



Father's Day



K N V W S H R L A L O Z G N I
I X O R B A S M O B T N N O N
A N Q I E R U I J V I M O I S
M R T D S S O E R D E E I T P
B E O E I S C T N E T S T A I
I S L N G T A A H A H C O C R
T P G T I R T P L E L C M I A
I E L V N S I U M E R H E D T
O C I N R E M T V O Q H E E I
N T D E Q E G E Y C C G O D O
Y A D A P P R E C I A T I O N
D N S S E N G N I L L I W O D
U I D P R O T E C T I V E P N
R E M R A H C G E N U I N E O
L U F P L E H O B B I E S N B

AMBITION

OBJECTIVITY

EMULATE

CHARMER

PROTECTIVE

BOND

RESPECT

HELPFUL

COMPASSION

WILLINGNESS

CHERISH

AMUSING

INTEGRITY

DEDICATION

DAD

BROTHERHOOD

OPEN

GENTLE

EMOTION

CLEVER

UNDERSTANDING

HOBBIES

GENUINE

DEAR

APPRECIATION

LOVE



Missiles to Music

A Brief History of Summerfest Grounds

With June comes summer, and for many residents of the Milwaukee area, June brings Summerfest. The World's Largest Waterfront Music Festival, has a history as rich as Milwaukee itself. Some of you may remember a time before Summerfest beginning in 1929, when the present day Summerfest grounds opened as a general aviation airport. Open pit planes with floats bobbed along the waters of the lakeshore or taxied down the runway of Maitland Airport. You may have even taken an \$18 plane ride to Michigan. Some Milwaukee area residents may remember the Maitland Airport operating glamorously under the new name, the Milwaukee Seadrome until the mid-1950's when the airport closed for good.

Around the time the airport closed, the US Army established eight Nike Missile installations around downtown Milwaukee to protect the city from high flying bombers during the Cold War. You may recall a night in 1957 when the US Army placed 12 Ajax Missiles in the former Maitland Airport. Perhaps you saw the upgraded Hercules missiles replacing the Ajax missiles sometime after 1958.

Originally imagined by Mayor Henry Maier as a festival that would revitalize the city and unite the residents, Summerfest began citywide in 1968. Back then, if you attended the first Summerfest you may have listened to music at County Stadium or the Milwaukee Arena. The second year saw flailing participation and almost ended Mayor Maier's vision. In 1969 the missile base closed, the city of Milwaukee purchased the land from the US Army and leased it to Summerfest for \$1 a year. With this, the permanent hosting site for the lakefront festival began.

Summerfest in 1970 looked much different than today. The first stages were temporary structures consisting of plywood sheets placed on cinder blocks. Do you remember the first Main Stage? It was known for the yellow tent covering, which according to OnMilwaukee.com earned it the nickname "'Dolly Parton' for the tent's resemblance to Ms. Parton's much-ballyhooed assets".

Miller Brewery's first stage was erected in 1971. The High Life Jazz Oasis was built to resemble a storefront on New Orleans's Canal Street. In 1974, The Schlitz Brewery followed suit and opened the Schlitz Country Stage. Competitor, Pabst Brewery and opened the Pabst International Theater stage.

Early Summerfest goers may remember Milt's Million Dollar Midway. This carnival served Summerfest but wasn't a part of the festival. Onlookers from the rides at the Midway were able to see Summerfest events without paying the Summerfest admission. In 1987, Milt's Million Dollar Midway was replaced by the Marcus Amphitheater. This stage boasts the key to Summerfest's long-term success. It hosts the biggest touring acts and seats 23,000 fans per concert.

Most recently, Summerfest has seen Old Style and Pabst sponsorships end. New sponsorships include Briggs & Stratton, Harley-Davidson, Potawatomi Casino, and US Cellular. In 2006 Miller rebuilt the High Life Jazz Oasis and renamed it the Miller Lite Oasis. All new permanent stages now face east toward the lakeshore. The only exception is the new bowl-shaped BMO Harris Pavilion.

Gone are the days when rain early in the festival left a swampy environment for the entirety of Summerfest. New paved walkways have replaced the hay that was laid over the mud. Permanent bathrooms, vendor buildings and video screens at stages characterize the current Summerfest grounds. But in picturing the present day festival, let us not forget the myth of the buried elephant. According to local legend, the circus came to town during the airport days and, during that time in Milwaukee, an elephant died. Supposedly the circus opted to bury the carcass right there at the lakefront. In an OnMilwaukee.com article, Summerfest's Entertainment Director, Bob Babisch, doubts the legend. He insists that in all the years he has been a part of Summerfest, he's never seen an elephant float away

Summerfest 2014

June 25-29 and July 1-6

Admission rates: Weekday Admission - \$10 Tues-Fri before 4PM
 Seniors 60+ - \$6 valid anytime
 General Admission - \$17 noon to midnight

Visit the website for Weekday Value Passes, 3 day passes and Parking Passes or ask your local Pick n' Save about their 11 day Power Pass. Tickets can be purchased on the Summerfest website at: www.summerfest.com



The History of Flag Day



The first recognized formal observance of Flag Day was held in a one room school in Waubesa, Wisconsin. On June 14, 1885, 19 year old grade school teacher Bernard J. Cigrand displayed the flag before his students in the Stony Hill School and charged them with writing essays about what the flag meant to them. Cigrand went on to speak around the country promoting an annual observance of Flag Day to commemorate the authorization by Congress of The "Stars and Stripes" as the national symbol of the United States of America on June 14, 1777. The entry in the journal of the Continental Congress 1774-1789 Vol. VIII 1777 reads "Resolve that the flag of the thirteen United States be Thirteen stripes alternate red and white: that the union be thirteen stars, white in a blue field, representing a new constellation."

The Flag Day movement got national attention on May 30th, 1916 when President Woodrow Wilson officially issued a proclamation establishing Flag Day as an annual national event. This prompted celebrations in various communities for years after. Ultimately, an act of congress was signed by President Truman designating June 14th of each year as National Flag Day. (This information was obtained from the National Flag Day Foundation website)

Regionally, since 1969 the Marcus Center for the Performing Arts has been a proud part of Milwaukee County's War Memorial honoring those who have bravely served our country. As part of this continued commitment to honor veterans for their heroic service, there is a Flag Day Celebration each year in the Peck Pavilion. The program includes a Presentation of Colors, Invocation, Moment of Silence & POW Respect, a Keynote Speaker and more. Community resource booths are also available with various information and entertainment.

On June 14, 2014, starting at 11:30, the Marcus Center invites all to "Honor the Dead by Serving the Living" by attending their fifth annual Flag Day celebration, a very special tribute to the men and women of our military. This community event is free and open to the public; no tickets or advanced reservations are needed. For more information, please visit the web site listed below.

Web Site: <http://www.marcuscenter.org/show/5th-annual-flag-day-celebration/>

June 15th is Father's Day

Father's Day is a time for many of us to celebrate the men who provide love and guidance in our lives. Words such as strength, honor, sacrifice, and responsibility have traditionally been used to describe these cherished men. According to Wikipedia, the first recognized celebration of Father's Day in the United States happened in Spokane, Washington. It was founded by Sonora Smart Dodd whose father was a Civil War veteran and raised his six children as a single parent. Ms. Dodd convinced her pastor to hold a sermon honoring fathers which happened on June 19, 1910. Most recently, in 1972 President Richard Nixon signed the public law making Father's Day permanent on the third Sunday of June each year. Take a little time on June 15 to tell those special men in your life what you appreciate about them.





Waukesha County

Nutrition Education Program

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para mas información en español comuníquese con: 262-548-7789
<http://waukesha.uwex.edu>

With Dairy Month approaching in June, it's a good time to think about calcium. Dairy foods are some of the best sources of calcium, and calcium can help to keep bones and teeth strong and may help prevent diseases such as osteoporosis.

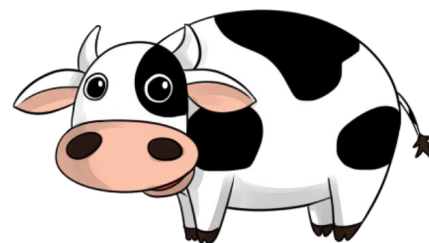
Calcium is an important nutrient throughout life—even when our bones no longer grow in length, they can continue to grow in STRENGTH!

Milk Group...1 cup equivalent is:

- ⇒ 1 cup Milk or Yogurt
- ⇒ 1-1/2 ounces hard Cheese
- ⇒ 2 ounces processed Cheese
- ⇒ 2 cups Cottage Cheese

How many servings of milk, yogurt, and cheese are needed each day?

3 cups or “cup equivalents”



Know Your Milks!

What's the difference between whole, 2%, 1%, and skim milk? The difference is the amount of FAT. The other nutrients in milk are basically the same.

	approximate Fat grams per cup	approximate Calcium milligrams*
Whole Milk	8	276
2% Reduced Fat Milk	5	285
1% Low Fat Milk	3	290
Skim/Nonfat	0	306

*Source: USDA National Nutrient Database for Standard Release 17

Lactose-intolerant? Try...

Lactose-free milk, or milk alternatives like soy milk or almond milk

Calcium fortified orange juice

Calcium-fortified breakfast cereals

Canned sardines or canned salmon

Dark green veggies such as broccoli, spinach, bok choy, collard greens, mustard greens, and turnip greens.

Beans like soybeans/tofu and kidney beans

National Doughnut Day is always celebrated the first Friday in June

This day honors the Salvation Army “Lassies” of WWI. The first original Salvation Army doughnut was served in 1917. During WWI, the lassies were sent to the front lines of Europe. They cooked meals, and provided a morale boost to the troops. They were the only women outside of military personnel allowed to go to the front lines, and often times, the doughnuts were cooked inside the helmets of the infantrymen.

In 1938, National Doughnut Day was established to raise needed funds during the depression, and to honor the work of the World War I volunteers who prepared doughnuts and other foods. An interesting fact about how it began, involves a doctor who stopped on June 7 1938 to pick up doughnuts for the wounded and needy. He worked with the Salvation Army to put the “lassies” in canteens and social centers in France; 250 people volunteered. To-day the word doughnut has been shortened to donut.

To all of you who love donuts, there may be shops offering free donuts on June 6 to donate the money to the Salvation Army. If not, have one and think of the brave volunteers during the war who provided this yummy treat to our soldiers.

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

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